



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

JUNE 2025

Butterflies rest when it rains
because it damages their wings.

It's okay to rest during the
storms of life. You will
fly again when it's over.



7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulthoodservices.org

Please visit our website for a digital version of the newsletter with live links and color photos. Also check us out our Facebook page

<https://www.facebook.com/daybreakadultdayservicesfrederick/>

SPECIAL EVENTS THIS MONTH

June 5: Live Entertainment with **Amy Andrews**

June 19: **Wags for Hope** Dog Visits

June 20: Live Entertainment with **AJs Jazz Band**

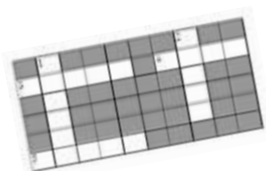
June 24: Singing & Dancing with **Dale and Garrey**

June 25: Live Entertainment with **Take Two**



THROUGHOUT THE MONTH

Exercise
Brain Games
Crafts
Bingo
Music
Reminiscing
Word Games
Puzzles
Dancing
Cards



We are very excited to resume field trips. Sign up sheets are enclosed in the newsletter. You must send back form with payment as soon as possible if you wish to go. The trip will be cancelled if we don't have at least 10 people signed up. Please reach out to Espy at activities@daybreakadultdayservices.org if you have any questions.



June 25 12:30pm
Ice Cream
Little Red Barn, Jefferson



The Director's Corner

Hello and Happy Summer! It is hard to believe June is upon us. With all of the rain we have had it feels more like April! I am hopeful that by the time you read this, warmer temps and drier days are with us. That will let us get out in to our amazing courtyard. We just had the pond professionally cleaned and refurbished and it is looking amazing! The pond, coupled with the amazing efforts of our Woodlands of Urbana Gardening Angels have made courtyard a true oasis. We are excited to be able to get out there and enjoy it!

I hope that you have some fun summer plans in the works. I want to remind you that you are welcome to request extra days or schedule changes if they will make your plans easier to manage. Just talk to Gwenda to get them on the calendar. Mary and I are also happy to share information about respite care (a short term stay in an assisted living while you travel) or in home services if you need them. If you are taking your loved one on vacation, I urge you to read the travel tips on the blog of our website: <https://daybreakadultdayservices.org/vacation-planning/>. Thinking things through ahead of time is highly recommended to make the trip more enjoyable for all!

Even if you can't get away, I hope you will find ways to relax and enjoy the season. Maybe it is just a good book and a breeze, or a walk around the pond at Baker park, or a fruity summer drink from Starbucks. I just read an article about happiness that spoke to the importance of increasing your daily experience of positive emotions. The author recommended "if there is something that you like to do regularly, pay attention to it even for just a few seconds...if you start to pay attention to things you enjoy that you re already doing with greater frequency, you can increase your satisfaction with your life as it is". She uses the example of coffee. Most of us drink it down daily without really giving it a second thought. But if you take a moment to savor the aroma, the feel of the hot cup, the taste of that first sip, you will get a momentary boost. The author posits that if you can train yourself to recognize good, enjoyable beautiful things that surround you, those micro boosts, if you will, you will build a sense of gratitude and contentment, which are key building blocks to happiness. I am trying to keep that in mind in month, I hope that you will too.

Please don't hesitate to reach out if you ever have suggestions, questions, or concerns. We are here for you!

Fondly,
Christina



Community News and Notes

FROM DAYBREAK and THE FREDERICK COUNTY DIVISION OF AGING AND INDEPENDENCE (DAI)

DEMENTIA LIVE: Friday June 6, 1pm. Dementia Live® is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. These in-person trainings, held at Daybreak, are open to the public. The one time class is free, but you must preregister. To register, call 301-600-6022 or email:

DementiaFriendlyFrederick@FrederickCountyMD.gov.

FROM THE ALZHEIMERS ASSOCIATION and DAI

Memory Café! These are wonderful outings for those with memory loss and their care partners. 11:30-1pm. Includes a meal and activity. Upcoming dates are as follows:

June 13, Urbana Senior Center

June 27, Middletown Senior Center

To register: email caregiversupport@frederickcountymd.gov or call 301-600-6022.

FROM THE FREDERICK COUNTY DIVISION OF AGING AND INDEPENDENCE (DAI)

Groceries for Seniors. June 20. A monthly free distribution of seasonal produce, canned goods, shelf stable products 3rd Friday of Every Month; Noon until all food is distributed. All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate Please bring a photo ID to register the first time. Drive-Thru and Walk-up. Distribution is at the Frederick Senior Center 1440 Taney Avenue, Frederick, MD. For more information, call 301-600-1234 or visit <https://www.frederickcountymd.gov/54/Aging-and-Independence>

Veterans Advisory Council Overview: June 10, 10-11 am The Veterans Advisory Council (VAC) serves as a conduit for information and resources for the county's 17,000 veterans and their families who may need assistance furthering their education, finding employment, receiving counseling, or finding other services. Learn more about how this program may help you and your loved ones. Presenter: Resource and Service Navigation Staff. Preregister: VirtualSeniorCenter@FrederickCountyMD.gov



HAIR SALON INFO

Our hairdresser, Dennise Guypens, is available for appointments Tuesday through Fridays! Services include shampoos, cuts, perms, color, beard or brow trims, nails and waxing! Appointments can be made by contacting Dennise directly by phone or text: **301-800-3200**. Be sure to mention that you are booking service at Daybreak. When you make your appointment, she will give you the total cost. Payment is due to her at the time of service. You can send cash or check in via the driver so you know it will get here! You can also talk with her about credit card payments and gift certificates.



We are looking for magazines and coffee table books!

Lots of our folks like thumbing through magazines or books (big pictures, few words) after they have finished a meal or are waiting for activities to start. If you have any to donate, we would love them!

Support Group Information

Daybreak has a wonderful caregivers support group. We offer an all virtual group as well as an in person group with a virtual option

ALL ZOOM (11am)

June 2

July 7

August 4

IN PERSON+ZOOM (4pm)

June 16

July 21

August 18

The group offers you a safe space to relax, share, and learn with others who understand the challenges that come with being a caregiver. All are welcome (whether you are affiliated with Daybreak or not).

The support, education, and camaraderie that comes from talking with others who “get it” truly can’t be matched! Please call or email if you have questions or would like to be put on the group email list to receive reminders and Zoom links.

director@daybreakadulthoodservices.org

NURSES NOTES



Communication is an essential skill needed to effectively interact with others. It is the ability to express yourself clearly, confidently, and concisely with others in a manner that all parties understand. Sometimes, I find that communication regarding our participants is not always shared in a timely manner. So, I thought it might be good to write an article on better communication, and I did some research to help me open the lines of communication. Here is some of what I learned.

Strategies for effective verbal communication

- Focus on the issue, not the person.
- Be genuine rather than manipulative.
- Empathize rather than remain detached.
- Be flexible towards others.
- Value yourself and your own experiences.
- Use affirming responses.

You may have noticed our nurses have called you periodically regarding your loved ones, when there is no issue. I want to let you know why. This is a medical day program, and the state requires the nurses do quarterly physicals assessments, on all our clients as well as renewing their Physician's Orders, (this allows them to continue Daybreak without a disruption of service) and plan of care every 6 months. To do this, we have to reach out to you for any updates, medication changes, and concerns. So, if we leave a message or send an email, please get back to us as soon as possible.

Please communicate to the Daybreak nurses any changes in medical or mental health status noted including falls, open wounds, medication changes, illness, infections, ER visits, hospitalizations, wandering off, behavioral changes, new diagnoses or any pertinent information. You can call, email, or send a note with the driver. This helps us to provide more comprehensive, effective care and adjust their plan of care. In turn, we will communicate any changes, falls, incidences or concerns we note at Daybreak as soon as possible, usually the same day.

Since I am focusing on communication, I thought I would share some tips for communicating with someone who has dementia because this can become very challenging.

A person with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion, or frustration in both directions, often making communication even more difficult.

You'll need patience, good listening skills and new strategies to help ease your frustration and to improve understanding.

A person with dementia may have difficulty remembering words or communicating clearly. He or she may have some of these problems:

- Having trouble with finding the right word
- Substituting words
- Describing an object rather than naming it
- Repeating words, stories, or questions
- Mixing unrelated ideas or phrases together
- Losing a train of thought
- Speaking less often

Reverting to a first language

Tips for better communication:

#1. Speak slowly and clearly and maintain good eye contact.

- **Be patient and offer reassurance.** Take time to listen and allow time for the person with dementia to talk without interruption. Give them plenty of time to respond. Try to engage in one-to-one conversations in a quiet place with minimal distractions.

- **Learn to interpret.** Try to understand what is being said based on the context. If the person is struggling to get an idea out, offer a guess.

- **Be connected.** Make eye contact while communicating and call the person by their name. Hold hands while talking, if appropriate.

- **Be aware of your nonverbal cues.** Speak calmly. Keep your body language relaxed. They can pick up on tension and frustration.

- **Offer comfort.** If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.

Continued on next page

NURSES NOTES *continued*

- **Show respect.** Avoid baby talk and diminutive phrases. *Don't talk about the person as if he or she weren't there.*
- **Avoid distractions.** Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
- **Keep it simple.** Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Ask only one question at a time. Break down requests into single steps.
- **Offer choices.** Offer choices when making a request for something a person might resist. For example, if someone is reluctant to shower, you might say, "Would you like to take a shower before dinner or after dinner?"
- **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than asking if the person needs to use the bathroom, for example, "Say come with me" & take him or her to the bathroom.
- **Avoid criticizing, correcting, and arguing.** Don't correct mistakes. Avoid arguing when the person says something you disagree with.
- **Take breaks.** If you're frustrated, take a timeout. *

The challenges of communication evolve as the disease progresses. You may find that nonverbal communication, such as touch, a smile, or the tone of your voice is comforting and meaningful.

I hope you found this information helpful and as always, I look forward to our next opportunity to communicate.

Chris Grable RN

RN@daybreakadulthoodservices.org

Source: The Mayo Clinic



OUR CONDOLENCES

To the friends and family of

Collis Ashley

She will be missed



Staff News and Notes

Anniversaries

We celebrate three anniversaries this month. Driver **Phillip Lee** celebrates 7 years with us! Phillip usually drives the Thurmont/Walkersville route but fills in for other drivers when they are absent. If you ride the bus, you have likely had Phillip behind the wheel at some point. In addition to being a safe and confident driver, Phillip is incredibly helpful and kind and always willing to help

Registered nurse **Jeanette Oliverio** also celebrates 7 years with us! Jeanette generally works Wednesdays and Thursdays alongside Chris. Jeanette is an exceptional nurse with keen skills and a kind heart. She has a great sense of humor and helps keep our participants happy and well.

Nursing assistant **Jailyn Luna** celebrates 3 years with us! Jailyn started working with us full time right out of high school then transitioned to part time to start nursing school. We don't see her much during the school year anymore, but we are thrilled to have her back with us for the summer! In addition to being kind, calm, and very compassionate, Jailyn is also bilingual which is immensely helpful!

Welcome

We are very happy to welcome two new nursing assistants to the team this month! **Lesley Vissat** comes from many years of nursing assistant experience and brings a wonderful, dignified skill set to the team.

Kayden Boone also joins us part time. Like Jailyn and Maddi, Kayden is also in nursing school and will be with us for the summer. Kayden has a great spirit and has jumped right in.

We are so happy to have both of them on the team!



Activity News



Hello to All!

Live from the Activities Hub, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! I never thought 9 months could pass by so quickly, and yet I blink and time seems to jump forward. Mind you, this is not to say that I have not enjoyed every millisecond of my time here, but perhaps the “time flies when you’re having fun mantra” has more merit than I initially thought. As the season warms up and we stand at the precipice of Summer, I am reminded that fate spins along as it should. No matter how much we feel like we want to travel backwards (I personally am a fan of winter weather), there is no force currently known in this universe that allows such actions. As we all face personal challenges, from minor inconveniences to life-uprooting circumstances, we can perhaps find brief solace in knowing that no matter what happened yesterday, tomorrow is en route, and it has yet to be written. But in all seriousness, please come back Winter! This Activity Director is sweating just thinking about the upcoming heat!

I now welcome you all back to the eighth, and final, installment of our “Knowing Our Wellness” series. For those just tuning in, allow me to provide a brief explanation. For those already following, feel free to skip ahead to the following, unitalicized paragraph:

Professionals in this field may be well versed with the concept of the Wellness Wheel, a tool used to encapsulate the overall wellbeing of humanity. The wheel has 8 “wedges”, each ever growing and shrinking as we progress through our daily lives. We always have all eight wedges, but there are times that we use certain wedges far more than others. This could be a sign of an imbalance in your overall wellness, or it could be a testament to one’s ability to compensate when one aspect of their wellness is struggling. It is up to those directly involved in their wellness to decide. These eight areas of wellness include the following:

<i>Physical Wellness</i>	<i>Occupational Wellness</i>
<i>Emotional Wellness</i>	<i>Environmental Wellness</i>
<i>Mental Wellness</i>	<i>Intellectual Wellness</i>
<i>Spiritual Wellness</i>	<i>Social Wellness</i>

The final wedge of our Wellness Wheel may be the most relevant to the missions and goals of my occupation regarding those I serve. Social Wellness, boiled down to its base form, is having a sense of belonging within your personal network of people. The forging and maintaining relationships with friends and family shares ties with Emotional and Spiritual Wellness, but with Social Wellness, it can be a double-edged sword. Struggling to maintain Social Wellness can negatively impact many of the other wedges if not properly attended to. Loneliness, dis-

connection from those around you and more can leave a mark against your Physical and Mental Health. Of all the wedges, this may be the easiest to ignore, but it is no less important.

As we age and grow, so too do our methods and ways of communication. While the days of sending letters or awaiting correspondence seem like a distant memory, they have been replaced in the modern day with a far faster, but sometimes overwhelming, methods of instant communication. This kind of change in the way humans socialize is very capable of leaving many behind, and for those we serve, it can become even more difficult to connect as we move away from the way we used to.

This hardly means that Social Wellness is beyond the reach of our community, however. Knowledge is never lost if it is shared, and many times the longing for connection will overrule any hesitations about learning new skills. Many of us have a strong foundation in communication skills, and no piece of technology or methodology will usurp that. Engaging in social settings live, such as a social club or an Adult Day Program (like Daybreak!) can close that gap.

Additionally, modern communication comes with the challenge of acknowledging that society is evolving. We are constantly learning more about humanity and its intricacies. As we discover more about the stereotypes and prejudices we once held and acknowledge why moving beyond them is so critically beneficial to ALL wedges of the Wellness Wheel, we can start to diversify the network of individuals within our sphere. So much conflict and strife can be avoided in this world if we stand together and acknowledge where we've been and how we move forward, and all of that comes from maintaining an open mind, and open communication.

It can be frustrating to see the ability to communicate and socialize slip away from our partners, friends and family with age. However, by building these connections now, by networking and being that constant in their lives, you will find that not only is socialization still possible, but communication is as well. You will be able to recognize ways to speak without words, and in cases in which you cannot, you will have a team of people to assist and support you.

It's hard to fathom that this series has met its final chapter. What started as a way to share a passion with you all has become therapeutic in its own right to myself as well. Writing to you and encouraging you to be well has inspired me to do the same. If you ever need guidance regarding your wellness, I encourage you to revisit the past writings for hope and inspiration. See the website for old newsletters! And of course, don't worry! I will still be providing reading material for you all to enjoy for as long as you'll have me. With that, I bid you all well as the heat bears down upon us. May your air conditioning be plentiful and your sunny days be bountiful!

Be Well! Be Safe! Be Silly! Espy Jordan, Activity Director



From the Social Worker

Community Spotlight



offered by the Division of Aging and Independence

Last month I was introduced to an amazing—FREE—resource offered by the Caregiver Support Program at the Division of Aging and Independence, so I wanted to pass the opportunity along to you. Trealta is an online platform that offers caregivers a wide variety of educational content, practical tips, techniques and tutorials and on demand training. It also offers an online community for support and connections. There is just so much I could say about it... there's a learning library, forums, support groups, webinars...whew! Please consider logging on and start exploring. This allows you to learn what you want, on your own time whether that is 3 am, 12:01 pm or anywhere in between. Thanks to Jordan Cox with the Caregiver Support Program for the information and links below.

Take care and happy scrolling- Mary

Unlock Expert Caregiving Advice & Support Right at Home

Understanding the complexities of caregiving can be overwhelming. That's why the Frederick County Division of Aging and Independence is thrilled to introduce **Trealta**, a comprehensive online education and community platform tailored for families managing care at home.

Googling answers can be frustrating, anxiety-inducing, and unreliable. Trealta has a vast content library that's been clinically-validated and curated to provide you what you need as quickly as possible. Join the conversation on the Community Forum or participate in online Support Groups. Trealta has something for every caregiver.

There is never a cost to you, to utilize the portal, no matter how often you make use of the **Trealta** tools. You have nothing to lose and so much to gain. Ready to simplify your caregiving journey? Follow this link to get started: dai.trualta.com



FREDERICK COUNTY
DIVISION OF
**Aging &
Independence**

TRUALTA

Free online training and support is available to caregivers like you

- Improve your **confidence**, reduce **stress**, and prevent **burnout**
- Connect with other caregivers through community chat rooms
- Access **on-demand resources** to suit your schedule
- Suit your learning preference with **videos, articles, audios, interactive scenarios** in English and Spanish

A Variety of Topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids



"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

- Laura W, caring for her father



Sign up today!
dai.trualta.com

Crafting with Heartfield's Assisted Living!



Painting with Mary





BIRTHDAYS

- 2 Stafford J.
- 3 Graham Mc. & June S.
- 5 Nancy J.
- 6 Catherine W.
- 14 Marion C.
- 16 Charlie C., Barbara M. & Marian T.
- 30 Diane A.



Always a
good time
dancing with
Dale and
Garrey!



Daybreak Adult Day Services, Inc.
7819 Rocky Springs Rd.
Frederick, MD 21702

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Daybreak Adult Day Services exists for the sole purpose of providing a safe, structured environment and a flexible therapeutic program of services and activities with individual plans of care designed to permit older adults of Frederick County to remain in their homes and communities, living as independently as possible, with dignity and a renewed sense of purpose and hope.